**Dialogue Doc**

A bad response will result in the heart locking up/breaking more, so you want to avoid those responses. It doesn’t mean the advice is bad advice, it means the heart ends up hurting after hearing it. Neutral responses will do nothing to unlock/heal the heart, and good responses will help the heart unlock/heal.

Personalities are the section where the player is trying to get the heart to open up about their problem. Problems are the section where the player is trying to help the heart with the problem.

The game is structured so the first three statements are for when the heart is close to locking up/breaking, the next 3 are for when its more neutral, and the final 3 are for when the heart is almost unlocked/healed.

**Personalities**

**Reluctant to admit to the problem**

*Statement - "Things are going well!"*

Bad Response – "Are you super sure it’s going well?"

Neutral Response – "Well, that's nice to hear that everything is good."

Good Response – "Life doesn't always go well, and I'm here when you need me."

*Statement - "I stayed in my room all day yesterday! It was really chill..."*

Bad Response – "Damn, I'm super jealous!"

Neutral Response – "Sounds like you had a nice day then."

Good Response – "It’s good that you decided to take care of yourself for the day."

*Statement - "Yeah I'm having a really good time! Everything is... great!"*

Bad Response – "Everything? Are you sure everything was great?"

Neutral Response – "I'm happy to see that you're enjoying things. It makes me smile."

Good Response – "That's great! If it ever goes bad though, I'm here to help."

*Statement - "Yeah... everything is ok I guess..."*

Bad Response – "Are you sure? Cause you're clearly not happy."

Neutral Response – "It's nice to know you're ok."

Good Response – "You guess? Is something up that I can help you with?"

*Statement - "I'm a bit behind on stuff, but other than that there's no issues."*

Bad Response – "Sounds like you'll be fine then."

Neutral Response – "Don't worry about the stuff, you'll get it done in time."

Good Response – "I can help you get the stuff done, if you want?"

*Statement - "Im OK, I'm... living an OK life right now."*

Bad Response – "You clearly don't look OK! What can I do to help?"

Neutral Response – "Ah, that's good to hear everything is alright."

Good Response – "I mean, it’s OK if it's not going OK, but that's nice to hear."

*Statement - "I mean, there is a problem, but it's only a small one... I can handle it..."*

Bad Response – "Ah, it's nice to know you can handle it."

Neutral Response – "Small problems can end up much bigger than expected.”

Good Response – "I can help with it to take some weight off your shoulders, if you want?"

*Statement - "I slept really late... but that’s OK, I'll be fine"*

Bad Response – "Yeah you'll be fine. I stay up late all the time."

Neutral Response – "Just take care of yourself and try to sleep well."

Good Response – "What kept you up so late?"

*Statement - "It's something I'm used to, so I'll be fine..."*

Bad Response – "Ah, should be no problem then."

Neutral Response – "As long as you're ok with handling it."

Good Response – "Just because you're used to it doesn't mean you'll always be ok with it."

**Reluctant to admit to the problem**

*Statement - "I'd rather not talk about it. I can handle it..."*

Bad Response – "Are you sure you don’t need any help at all?"

Neutral Response – "I understand. Sometimes things are just difficult to talk about."

Good Response – "I'll be here if you need help when things become too much to handle."

*Statement - "It's personal, so I'll deal with it myself."*

Bad Response – "Why are friends not allowed to help with personal problems?"

Neutral Response – "That's fair, I'll try to not bother you about it much more."

Good Response – "I'm your friend. If you need help, I will be there."

*Statement - "It's fine, I'm on top of it..."*

Bad Response – "It isn't overwhelming you or anything? Do you need my help?"

Neutral Response – "It's good to know that you'll be able to handle it."

Good Response – "It's OK to ask for help if things become overwhelming."

*Statement - "Life isn't the best but I'm fine."*

Bad Response – "You look really tired. Are you sure you're fine?"

Neutral Response – "It's good to know that when life isn't great, you're willing to admit it."

Good Response – "Sometimes life is really difficult, so I'm glad we have each other for those times."

*Statement - "Stuff is kinda OK right now... nothing I can't deal with."*

Bad Response – "So there's still a problem? I can help you with it."

Neutral Response – "I'm glad you're confident you can handle it."

Good Response – "As long as you're able to take care of yourself, I'm happy."

*Statement - "Yeah yeah... everything is a little bumpy right now."*

Bad Response – "I'll take the weight off your shoulders and handle it for you."

Neutral Response – "I'm sure you can get through it. After all, it's just small bumps."

Good Response – "Take it slow, cause small bumps can still have a big effect on people."

*Statement - "I dunno... I don't really wanna ask for help on it."*

Bad Response – "If you don't want to, then don't."

Neutral Response – "Maybe take the time to think about it if you're not sure."

Good Response – "It's hard to ask for help, but some things you can't face alone..."

*Statement - "I should be able to handle it all by myself..."*

Bad Response – "If you want to handle it by yourself, I won't stop you."

Neutral Response – "Sometimes things can get a bit too much."

Good Response – "It's alright if you can't. You're not alone. There are people who want to help."

*Statement - "Things are a bit overwhelming... I can get through it on my own though."*

Bad Response – "If things are overwhelming then I'll take the weight off your shoulders."

Neutral Response – "It's good to be confident in your abilities."

Good Response – "If you want, we can get through it together. That way it'll be easier to deal with."

**Problems**

**Lack of self-esteem**

"I just... I'm never confident in what I do... I worry too much about everything..."

*Statement - "I mean, I failed my exams! Everything I'm gonna do is always gonna go wrong!"*

Bad Response – "Maybe you should reconsider your options?"

Neutral Response – "It’s OK, you can resit them when you're ready."

Good Response – "It’s OK if you fail, that's how you learn and improve!"

*Statement - "I just can't do it... I'm easily overwhelmed, especially round others..."*

Bad Response – "Just hang out with people, you'll eventually get used to it."

Neutral Response – "Maybe listening to music can help? It'll take your focus away from the crowd."

Good Response – "Socialising can be stressful. Try to take things slow, and take breathers when you need them."

*Statement - "I always feel like someone is following me... probably someone affected by my mistakes..."*

Bad Response – "I doubt anyone is following you. You're fine!"

Neutral Response – "Sounds like you're a bit paranoid. Maybe try to take a breather when that happens?"

Good Response – "If you want, I can walk with you, to keep you safe?"

*Statement - "I never have the motivation to get anything done..."*

Bad Response – "Eh that happens every now and again, It'll pass eventually."

Neutral Response – "Try out different things, you'll eventually find your motivation again!"

Good Response – "Take a little bit of time each day to work on something you like."

*Statement - "Talking to people is... scary..."*

Bad Response – "Just lay low and nothing scary will actually happen."

Neutral Response – "Maybe try talking online? That often ends up being less scary..."

Good Response – "Take your time, and remove yourself from conversations when you need a breather."

*Statement - "I have to do a presentation soon, but I doubt it will go well..."*

Bad Response – "Everyone else is in the same boat, you'll be OK!"

Neutral Response – "Make some notes, they'll help you get through it."

Good Response – "Talk to someone about it, they can help you rehearse and calm your nerves."

*Statement - "I mean, I have coursework that needs doing, but I'm scared it'll never be done in time..."*

Bad Response – "As long as you keep at it'll, you'll get it done in time!"

Neutral Response – "Plan it out, that way you have a good plan of what to do!"

Good Response – "You can do it! Focus on it and don't be afraid to ask for help."

*Statement - "I'm gonna end up doing something dumb and wasting my finances!"*

Bad Response – "If you're worried, try to be a bit more careful about your spending."

Neutral Response – "Try to save up some emergency money in case."

Good Response – "I can you help schedule a budget, so you can organise your spending more."

*Statement - "There's someone I really like, but I doubt they'd want to even talk to me..."*

Bad Response – "Leave them a note or something if you can't face them."

Neutral Response – "try chatting online with them first. It can be easier than face to face”

Good Response – "Just try talking to them, cause you never know what they think unless you ask."

**Being Bullied**

"I... I get bullied almost every day... People love to laugh at my expense..."

*Statement - "But what if they're right? There’s so many that say it, so maybe I am as awful as they say..."*

Bad Response – "Does it matter what they say about you?"

Neutral Response – "They're just being mean, you don't have to believe what they say."

Good Response – "Just because they say it doesn't mean there’s any truth to it."

*Statement - "They make me hate the way I look... just because I'm not as healthy as them..."*

Bad Response – "You could try being healthier, that way they couldn't complain about it"

Neutral Response – "Our bodies are always changing. Maybe in the future they'll be the unhealthy ones!"

Good Response – "Your body is great because you live in it, not because its healthy."

*Statement - "Is my life really just... a big joke?"*

Bad Response – "Try to ignore them, they're just laughing to try and make their life better."

Neutral Response – "They could be laughing to hide the fact that they're also struggling."

Good Response – "No. What your life is is up for you to decide, not them."

*Statement - "They never leave me alone... I just want to be left alone..."*

Bad Response – "You're often left alone, like when you're at home for example."

Neutral Response – "Try talking to someone who can get them to stop it."

Good Response – "I can hang out with you more so that you'll have someone to keep you safe."

*Statement - "Why can't I just be someone normal, so I can just fit in... At least then they'd stop."*

Bad Response – "Thing is, when you finally fit in, you'll be wishing you stood out."

Neutral Response – "It’s not your fault, they just can't accept someone who is different to them."

Good Response – "Everyone is unique, so you should stay true to who you are."

*Statement - "Maybe I should just not go tomorrow... Then I won't have to deal with them."*

Bad Response – "Hiding away isn't going to solve the situation."

Neutral Response – "If you don't go you'll end up missing out on the things you enjoy!"

Good Response – "Get someone to stay by you, so they can handle them while you enjoy the day."

*Statement - "I get so upset because of them... I end up eating a lot to combat the stress."*

Bad Response – "Buy less comfort food so that when you're upset you'll end up eating less."

Neutral Response – "When you're upset, take a step back and take a breather when you can."

Good Response – "Try to find other things that help calm you down, like music."

*Statement - "I get told to just ignore them, but they just keep getting in my face!"*

Bad Response – "You don't have to listen or respond to them, as what they say doesn't matter."

Neutral Response – "Find a safe space they can't get to so you have somewhere to avoid them."

Good Response – "I can hang out with you more so they have less opportunity to get in your face."

*Statement - "I often struggle to get out of bed knowing that'll I'll have to face them again."*

Bad Response – "You can set alarm across your room to help get out of bed in the morning."

Neutral Response – "Try to think about all the fun things and people you'll miss if you don't get out of bed."

Good Response – "Just take the time to ready yourself and breathe to calm your nerves."